EINSTEIN BROS BAGELS

MENU

TRY OUR NEW HOLIDAY FLAVORS!
Available for a limited time only.

CHEF'S EGG CREATIONS

Farmhouse 730 Cal
Cage-Free Eggs, Thick-Cut Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

Chorizo Sunrise 790 Cal
Cage-Free Eggs, Chorizo, Pepper Jack Cheese, Avocado, Jalapeño Salsa Shmear on a Green Chile Gourmet Bagel

Santa Fe 560 Cal
Cage-Free Eggs, Turkey-Sausage, Pepper Jack Cheese with Roasted Tomato Salsa and Jalapeño Salsa Shmear on an Asiago Bagel

Bacon & Spinach 720 Cal
Cage-Free Eggs, Thick-Cut Bacon, Swiss Cheese with Roasted Tomato Spread on a Spinach Florentine Gourmet Bagel

French Toast 720 Cal
Cage-Free Eggs, Thick-Cut Bacon, Cheddar Cheese with Maple Shmear on a French Toast Bagel

Southwest Egg White 400 Cal
Egg White, Turkey-Sausage, Pepper Jack Cheese with Tomatillo Salsa and Reduced Fat Plain Shmear on a Plain Thintastic Bagel

CAGE-FREE EGG SANDWICHES

Upgrade to a Gourmet Bagel Adds 60-80 Cal
Add a Second Egg Adds 80 Cal

Applewood Bacon & Cheddar 490 Cal

Turkey-Sausage & Cheddar 490 Cal

Ham & Swiss 450 Cal

Spinach, Mushroom & Swiss 470 Cal

Cheddar Cheese 420 Cal

LIGHTEN UP

Substitute Egg White Subtract 50 Cal per Egg
Make Your Bagel Thintastic Subtract 70-120 Cal

VEGETARIAN
CONTAINS NUTS

*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDER COOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Items subject to change without notice.
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FRESH-BAKED BAGELS

Egg	270 Cal	Garlic	280 Cal
Ancient Grain	280 Cal	Honey Whole Wheat	260 Cal
Asiago	300 Cal	Onion	270 Cal
Blueberry	290 Cal	Plain	270 Cal
Chocolate Chip	300 Cal	Poppy Seed	290 Cal
Cinnamon Raisin	280 Cal	Potato	280 Cal
Cinnamon Sugar	320 Cal	Pretzel	280 Cal
Cranberry	310 Cal	Pumpernickel	270 Cal
Everything	280 Cal	Sesame Seed	290 Cal
French Toast	370 Cal		

Gourmet

Snickerdoodle	380 Cal	Green Chile	330 Cal
Apple Cinnamon	450 Cal	Power Protein	350 Cal
Cheddar Jalapeño	360 Cal	Six Cheese	370 Cal
Cheesy Hash Brown	400 Cal	Spinach Florentine	360 Cal

DOUBLE-WHIPPED SHMEAR

Plain	120 Cal	Honey Almond**	120 Cal
Onion & Chive	120 Cal	Jalapeño Salsa**	110 Cal
Smoked Salmon	110 Cal	Maple**	110 Cal
Blueberry**	130 Cal	Reduced Fat Plain**	100 Cal
Garden Veggie**	110 Cal	Strawberry**	120 Cal
Garlic & Herb**	110 Cal		

TOPPINGS

Avocado	120 Cal	Jelly	70 Cal
Butter	100 Cal	Nutella®	230 Cal
Honey	90 Cal	Natural PB	240 Cal
Hummus	70 Cal		

BAGEL BOXES

Baker's Dozen

13 Bagels &
2 Shmear Tubs

Half Dozen

6 Bagels &
1 Shmear Tub

Tub of Shmear 540-630 Cal

LIMITED-TIME SEASONAL ITEM

**25% less fat than our regular shmear. Fat content has been reduced from 12g to 9g per serving.

FIGHTING THE GOOD-FOOD FIGHT

We are committed to serving the highest quality food. It starts with our bagel dough, made with simple ingredients like flour, water, brown sugar, yeast and salt. Our eggs are cage-free. Our bacon is thick-cut. And our shmear and cheese contain no artificial flavors. It's our way of serving the best and most delicious food possible.

SIGNATURE LUNCH

Side Included: Pickle 5 Cal **and choice of:**
Chips 180 Cal • **Potato Salad** 220 Cal • **Fresh Fruit** 50 Cal

Nova Lox* 480 Cal
Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

Turkey, Bacon & Avocado 660 Cal
Roasted Turkey, Thick-Cut Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Fresh-Baked Potato Roll

Tasty Turkey 510 Cal
Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel

Hummus Veg Out 440 Cal
Hummus, Tomato, Red Onion, Spinach, Arugula, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Fresh-Baked Multigrain Roll

Turkey & Cheddar 570 Cal
Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

Ham & Swiss 560 Cal
Smoked Ham, Swiss Cheese, Lettuce, Tomato, Red Onion, with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

Harvest Chicken Salad 590 Cal
Grilled Chicken Breast, Celery, Craisins® Dried Cranberries, Toasted Almonds and Mayo with Lettuce, Tomato, Red Onion on a Fresh-Baked Multigrain Roll

Albacore Tuna Salad 560 Cal
Albacore Tuna, Celery and Mayo with Lettuce, Tomato, Red Onion on a Fresh-Baked Multigrain Roll

HOT & TOASTY SANDWICHES

Spinach & Artichoke Chicken 610 Cal
Grilled Chicken Breast, Mozzarella & Asiago Cheeses, Roasted Artichokes, Spinach with Garlic & Herb Shmear on a Spinach Florentine Gourmet Bagel

Green Chile Club 660 Cal
Roasted Turkey, Thick-Cut Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion with Mayo on a Green Chile Gourmet Bagel

Italian Chicken 670 Cal
Grilled Chicken Breast, Mozzarella Cheese, Pepperoni, Spinach, Roasted Red Peppers with Basil Pesto on a Fresh-Baked Potato Roll

Thintastic Chicken Pesto 480 Cal
Grilled Chicken Breast, Mozzarella Cheese, Tomato with Pesto and Balsamic Vinaigrette on a Plain Thintastic Bagel

Pizza Bagel: Cheese or Pepperoni 440/530 Cal

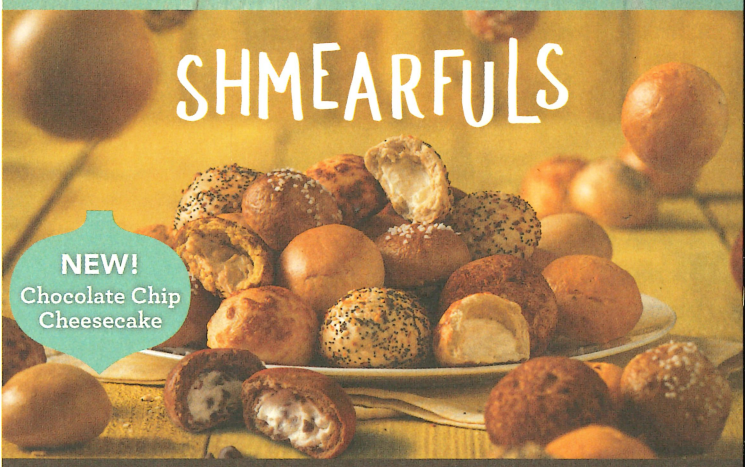
Bagel Dog: Plain or Asiago 530/580 Cal
Hebrew National® Hot Dog

LIMITED TIME ONLY

The Rancher
Pork Sausage, Ham, Cage-Free Eggs, Swiss, Caramelized Onion & Bacon Shmear on an Egg Bagel

Croque Melvyn
Thick-Cut Bacon, Ham, Cage-Free Eggs, Swiss, Raspberry Jam, Mustard Shmear on an Egg Bagel

SHMEARFULS



Chocolate Chip 90 Cal
Cheesecake

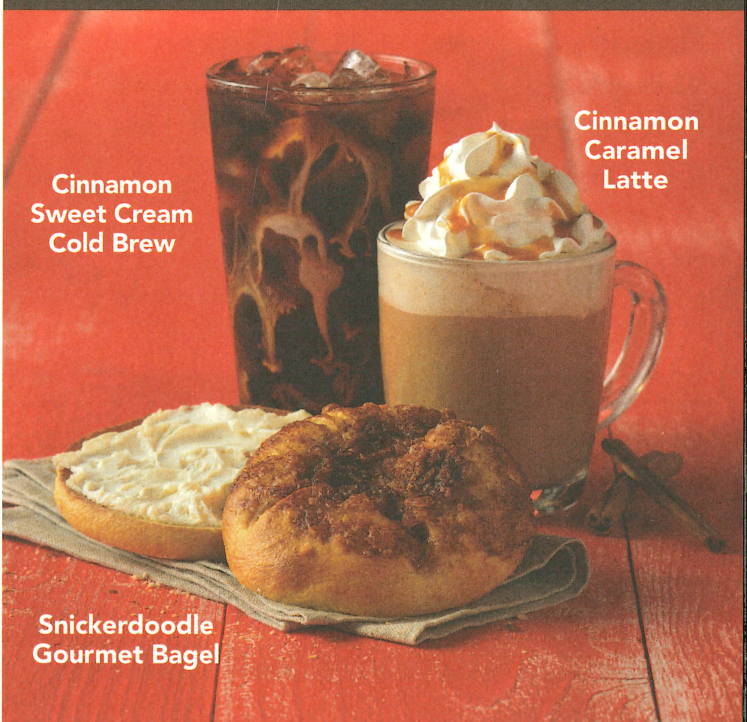
Pretzel 90 Cal
& Beer Cheese

French Toast 100 Cal
& Maple Shmear

Everything 90 Cal
& Plain Shmear

Asiago Parmesan 90 Cal
& Plain Shmear

Plain 80 Cal
& Plain Shmear



HAND-CRAFTED SIPS

Fancy Hot, Iced or Frozen	MED	LRG
Cinnamon Caramel Latte	340-370 Cal	450-500 Cal
Vanilla Latte	220-310 Cal	270-400 Cal
Vanilla Hazelnut Latte	220-350 Cal	300-500 Cal
White Chocolate Mocha	360-420 Cal	440-680 Cal
Caramel Macchiato	360-420 Cal	440-700 Cal
Hazelnut Mocha	290-350 Cal	400-520 Cal

Classic Hot, Iced or Frozen	MED	LRG
Latte	140-300 Cal	170-410 Cal
Mocha	350-410 Cal	430-680 Cal
Oregon Chai® Tea Latte	240-340 Cal	310-460 Cal
Cappuccino	120-270 Cal	170-410 Cal

Cold Brew Coffee	MED	LRG
Cinnamon Sweet Cream	140 Cal	200 Cal
Vanilla Sweet Cream	140 Cal	200 Cal
Classic or Flavored	0-100 Cal	5-130 Cal

Favorites	MED	LRG
Coffee & Hot Tea	5 Cal	5 Cal
Hot Cocoa	350 Cal	430 Cal
Fountain & Iced Tea	0-350 Cal	0-530 Cal
Strawberry Banana Smoothie	400 Cal	540 Cal
Mixed Berry Smoothie	390 Cal	580 Cal

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EINSTEIN BROS BAGELS®

YOU GATHER. WE DELIVER.

ebcatering.com or 1.800.Bagel.Me (224-3563)

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